

SAFETY BULLETIN – Pedestrian Safety

It's finally becoming warmer outside. That means it's that time of the year again when more people are walking or running/jogging outside at lunch and at other times, possibly while talking on cell phones or listening to music via earbuds or headphones. Sometimes, because of these or other distractions, pedestrians can often forget to follow guidelines that will help to keep them safe around motor vehicles and other traffic such as cyclists and skaters.

It is all parties' (drivers, pedestrians, bikers, skaters) responsibility to pay attention to what's happening on the roads and the crosswalks. Walking or running/jogging without paying attention to what's happening around you is a very unsafe activity which could lead to injury. In fact, according to the U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA), on average, a pedestrian was killed every two hours and injured every eight minutes in traffic crashes in the United States in 2010.

Below are some guidelines pedestrians should use to for safety.



Pedestrian Safety Tips

- Obey all signs and traffic control signals.
- Only cross the street at designated crosswalks.
- Be careful at all intersections and be sure there is no conflicting traffic before crossing intersections.
 - Always stop and look left, right, and to the left again before crossing the street.
 - If a parked vehicle is blocking the view of the street, stop at the edge of the vehicle and look around it before entering the street.
- Use the sidewalk when possible. If using the street is necessary, face traffic when using the street.
- Do not wear headphones or earbuds when crossing the street or when traveling in the street. Wearing headphones or earbuds prevents you from hearing car horns and other audio warnings, or cyclists.
- Do not use your mobile phone when crossing the street or traveling in the street.
- Do not suddenly cut in front of other traffic.
- Be aware of other nearby traffic.
- Watch where you are going.
- Be careful of vehicles that may be pulling out of parking stalls as you are going or by.
- Never run in parking lots.
- Ensure drivers can see you. When walking when it's dark, carry a flashlight and wear retro-reflective material.

Please use the guidelines listed above to help keep safe around motor vehicles and other traffic when walking or running/jogging outside.

More pedestrian safety tips, for motorists and pedestrians, can be found at the Minnesota Safety Council website at [Pedestrian Safety](#).